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LETTER

TO THE

FRIENDS OF TEMPERANCE

IN MASSACHUSETTS.

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BY JUSTIN EDWARDS,
CORRESPONDING SECRETARY OF THE AMERICAN
TEMPERANCE SOCIETY.

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INTRODUCTION.

The following letter, although it was occasioned by the appearance of a late publication, is not designed merely for the readers of that pamphlet, but for the friends of temperance, of every description, throughout the State. And the object of it, is, to exhibit those views and considerations, which are believed by the writer, to be of special importance at *the present time*. Not only has there been a great and extensive change of sentiment and practice, among the sober, with regard to the use of strong drink, but many drunkards, and those who were fast becoming such, some of whom may be found in almost every town, have been reformed. And this reformation has been as "life from the dead," to their families, and to a wide circle, of once afflicted and mourning, but now blessed and joyful friends. But it is found by experience, that their reformation cannot be expected to be *thorough and permanent*, unless they continue wholly and forever, to abstain from the use, as a beverage, of *all intoxicating liquor*. Nor can our children be free from the danger of becoming drunkards, unless they shall adopt and pursue the same course, throughout their whole lives. And one of the most important means of leading them to do this, and of securing the infinitely momentous results at which we aim, is *the example and kind moral influence of the temperate, the respectable, the aged*, and especially of *the mothers and daughters of our land*. And as it is proved, not only by medical testimony, but by facts almost innumerable, "THAT INTOXICATING LIQUOR OF ANY SORT, AS A BEVERAGE, IS NEITHER NEEDFUL, OR SALUTARY, FOR MEN IN HEALTH;" and as thousands of all ages, conditions, and employments, who have made the experiment, have found both their health and happiness to be greatly increased, by abstaining entirely from the use of it; and as it is certain, that not an individual who takes and continues this course will ever be a drunkard, and that should all adopt, and perseveringly pursue it, intemperance would speedily and universally cease; it is earnestly desired that it should be thus adopted and pursued, by the whole community. And the object of this letter, is to induce as many as possible, of the inhabitants of this commonwealth, and of other States, to set the example; and thus, while they promote their own good, and that of their children, and friends, add the weight of their example, and influence, for the removal of intemperance from our country and the world.

Each person, therefore, to whom this pamphlet is sent, or who may cast his eye upon it, is respectfully and earnestly requested, attentively to peruse it; and especially, that part of it, which is written by those philanthropic and distinguished men,* who speak from *experience;* and with a warning and friendly voice, which must secure attention.

*See letters from Dr. Pierce President Bates, Professors Miller and Potter, a Gentleman in Switzerland, Elisha Taylor, Esq. Professor Silliman, Judge Darling, Commodore Porter, Hon. Theo. Frelinghuysen, Hon. Lewis Cass, &c. on pages 15 to 36.

TO THE

FRIENDS OF TEMPERANCE

IN MASSACHUSETTS.

Respected Friends:

A large and respectable temperance convention, as you know, was held in Boston, on the 23d of September, 1835. They passed, with great unanimity, among others, the following resolutions, viz:—

As it has been proved by the experience of thousands in the United States of all classes of persons, and in all kinds of lawful business, that abstinence from the use, as a beverage, of all kinds of intoxicating liquor, is not only safe but salutary; and, as this is the only course in which it can be rationally expected, that intemperate persons will ever be permanently reformed; and as the example and kind moral influence of the temperate is the grand means of leading the intemperate to adopt and pursue a course so essential to their present and future good: therefore,

I. *Resolved*, That the more extensively this course is adopted by all classes in the community, and especially by all members of temperance societies, the more rapid will be the progress of temperance, and the greater the prospects that drunkenness and its evils will cease.

II. *Resolved*, That the promptness and unanimity with which increasing numbers of young men are adopting the plan of abstinence from the use, as a beverage, of all intoxicating liquors, is an exhibition which ought greatly to cheer the hearts of their fathers, and is an example, which, if uniformly followed by the youth of the United States, would not only save multitudes from drunkenness and ruin, but would tend to make that interesting class of our citizens benefactors of our country, and of the world.

III. *Resolved*, That the universal diffusion of information with regard to the nature and effects of intoxicating liquor, and the benefits of abstinence from the use of it, may, in our view, be expected to extend the temperance reformation till its blessings shall be universal.

IV. *Resolved*, That the export from this country of intoxicating liquor, and its sale among unenlightened and partially civilized nations and tribes of men, are, in our view, an immoral traffic and ought to be discontinued.

V. *Resolved*, That merchants and shipmasters who have excluded from their vessels intoxicating liquors as a drink, have furnished an example, which, if universally followed, would save a vast multitude of valuable lives, and that they ought to receive the patronage of the community.

VII. *Resolved*, That the increase of the number of public houses in which intoxicating liquor, as a beverage, is not sold, is highly auspicious to the cause of temperance—and provided their accommodations are, in other respects, as they should be, equal or superior to other establishments, they will greatly promote the comfort of travellers and the welfare of the community, and should receive the patronage of the friends of temperance.

VIII. *Resolved*, That, as the traffic in intoxicating liquor to be used as a drink, greatly increases the pecuniary burdens of the people, and is therefore unjust towards the community, it ought, in our view, to be voluntarily and universally abandoned.

IX. *Resolved*, That it be recommended to all the friends of temperance, to adopt the principle of total abstinence from all intoxicating liquors as a drink.

They also passed the following:—

Voted, That the Council of the Massachusetts Temperance Society be requested to publish the proceedings of this Convention, and a *suitable address on the present state of the temperance reform;* and that a copy be sent to each member of the Convention.

In January, 1836, a pamphlet was published with the following title, viz: "Proceedings of the Temperance Convention held in Boston, on the twenty-third September, 1835, with an address to the friends of temperance."

Since the publication of this pamphlet, inquiries have often been made, whether it gives a full and fair representation of the doings of the convention, and appears to be adapted to promote the object which the convention had in view, viz:—*To persuade, as far as practicable, the friends of temperance to abstain from the use, as a beverage, of all intoxicating drink.* After some reflection, I have concluded, instead of answering such inquiries individually, to answer them as far as the public good may seem to require, in an address to the friends of temperance throughout the commonwealth, and to make such remarks upon the pamphlet, as may tend to lessen the evil, which it is feared, and to increase the good which it is hoped, it may do; and at the same time to make such other remarks as shall tend to promote the great object which the convention, as appears by their resolutions, wished to accomplish.

The first resolution with its preamble, which was passed by the convention, is represented in the pamphlet, as *not* passed. And one gentleman is not represented as being on the standing committee of the convention, who *was* on it. The 17th and

18th resolutions which were originally offered by the standing committee, and were adopted by the convention, are represented in the pamphlet, as originally offered by another person. They are as follows, viz. :—

XVII. *Resolved*, That, as the influence of woman is essential to the permanent prosperity of every good cause, we cannot but rejoice that it has been so extensively exerted for the promotion of temperance; and we would express the conviction that should this influence be perseveringly and universally exerted in favor of this cause, its triumphs would be complete, and its blessings extend to all future time.

XVIII. *Resolved*, That the plan of the American Temperance Society, for embodying a record of facts on this momentous subject, in a permanent volume, with a view to the furnishing of a copy for every preacher, lawyer, physician, magistrate, officer of government, secretary of a temperance society, teacher of youth, and educated young man throughout the United States; also for sending a copy of it to each missionary of all denominations, who have gone or may go, to heathen lands, and to distinguished philanthropic men in all parts of the world, meets with our cordial approbation, and its execution would, in our view, be the means of extensive blessings to the world.

Without any further comments upon the doings of the convention, which it was expected would have been much more fully reported, especially after so long a time, I proceed to make a few remarks on the address.

1.—On page 19, speaking of those who do *not* belong to temperance societies, but who, by their opinions, or example, have aided, and continue to aid, the progress of this cause, the address says, "the influence they exert is always salutary." This I do not suppose to be correct. Nor do I suppose that their influence, in proportion to their numbers, is any more often salutary, than the influence of those who *are* members of temperance societies. And the publication of the opinion that it is *always* salutary, appears to be adapted to hinder rather than to promote the cause of temperance. Their influence, it is said, also, is in no sense *obtrusive*, and hence meets with no direct opposition. From this statement, some might conclude that nothing in this cause but *obtrusiveness* meets with any *direct* opposition, and as there is less of this in the class of persons referred to, "who are not formally pledged," and as their influence is *always* salutary, it is best to belong to this class, and not belong to temperance societies. And thus the benefits of

temperance societies, instead of being increased by an increase of members, and to promote which the convention was called, might be diminished; and the conclusion be that it is not best for any person to belong to them. Should this be the case, the address would do much hurt, and prevent much good.

2.—The address says, (page 20) "men are agreed that the use of distilled spirits, as a drink, is never necessary to men in a state of health, but, on the contrary, is positively injurious." This, it is apprehended, is very far from being the case. Thousands and thousands in various parts of our country, multitudes in Boston, and some in almost every place, really believe that instead of being *positively injurious*, they are *beneficial*. And even the city government license hundreds of men to sell them, "for the public good." And it needs great, wise, and long-continued efforts, to disseminate information, and spread a knowledge of facts, before *all men* will be agreed, that ardent spirit is "*never* necessary" for men in health, but is "*positively injurious*." Even members of christian churches, and in some cases deacons, are making it and sending it out, as often as they have opportunity, over the community; and, as they say, for "the public good." In more cases they are, in some form, selling it, and in cases not a few, men are drinking it, with the positive asseveration that they believe, "a little does them good." Although they are wofully mistaken, and we are laboring, from kind regard to their good and that of the community, to convince them of their mistake, can we with truth affirm, that they do not believe what they say? I think not. If men were all agreed that ardent spirit for men in health is "*never* necessary," but is "positively *injurious*," we should stand on a point of elevation which perseverance in "suitable effort," with the divine blessing, will secure, but which we have by no means, as yet, fully attained. Even the laws of this commonwealth, yet speak of licensing men to sell ardent spirit "for the public good;" and they throw over this *immoral* and destructive business, the broad shield of legislative sanction and support. And the citizens are, as yet, and the legislators by no means, agreed that it is "*positively injurious*."

3.—Speaking of the cause of temperance, the address says: "Its greatest dangers are to be found in the extremes to which it may invite men, in their honest ardor in the pursuit of good." This is a great mistake. Great as may be the danger to the cause of temperance, from extremes to which it may invite men, in their honest ardor in the pursuit of good, the danger from inertness, cupidity, love of popularity, and the gratification of appetite, &c., are *much* greater. In many places there is no danger from the former source, for they are doing next to nothing on the subject; while from the latter, the danger is great. In a country town, not fifty miles from Boston, the giving up of the selling of ardent spirit in one single store, was said to have lessened the income of the occupant, more than one thousand dollars. Desire for the profit of selling it, and the gratification of drinking it, and the support of those who do the one or the other, is a source of much greater danger to the cause of temperance, than all the *extremes*, to which their honest ardor in pursuit of good, may invite men.

4.—On the same page, the address says: "It was here (in Boston,) a little more than twenty years ago, the first temperance movement was made." But I am informed, that a movement before that, was made, and a temperance society formed, in Virginia; another in Connecticut; and another in the State of New York; and that the movement in Boston was not on the plan of total abstinence from the use, even of distilled liquor, till after the year 1826. "From this small beginning," (that is in Boston) the address says, "sprang this at present, vast enterprise; a combination of thousands, nay, millions, extended over the civilized world." But it appears that there were several other beginnings before that, and that the beginning in Boston, to which the address refers, as to the forming of associations on the plan of abstinence from the use, as a beverage, of even ardent spirit, was subsequent to the year 1826. And that it was not introduced into the constitution of that society, till many societies, on that plan, in this and other states, and in this and other countries, had been previously

formed. This is a point of no great importance as to the promotion of temperance, but as a historical fact, it may be proper that it should be correctly stated.

5.—On page 23, the address speaks of "the original and fundamental principle of the cause," as having been, "total abstinence from ardent spirits—distilled liquors." But this we have seen, was not the original principle of the Massachusetts society for the suppression of intemperance, nor was it adopted by that society till after the year 1826. It was not the original principle of the American Temperance Society. The object of that society, as appears by its original constitution, was "to produce such a change of public sentiment, and such a renovation of the habits of individuals, and the customs of the community, that temperance, with all its attendant blessings may *universally* prevail." For the accomplishment of the abovementioned object, one of the numerous modes of operation mentioned in the constitution, was "to do whatever is practicable and expedient, towards the forming of voluntary associations, for the purpose of promoting the ends of the society." And the pledge of the first association that was formed by them in pursuance of this object, was with the following preamble, viz: "Believing that the use of *intoxicating liquors* is, for persons in health, not only unnecessary but *hurtful*—that it is the cause of forming intemperate appetites and habits, and that, while it is continued, intemperance can *never* be prevented. Therefore, &c." And although it was thought proper that the pledge should, at that time, specify only "abstinence from ardent spirit," because that was the great and principal cause of the general mischief, yet it was also thought to be proper, that all the members of that association, and all the members of associations which they have subsequently been instrumental in forming, should also agree, "that they would, in all suitable ways, *discountenance* the use of such liquors, throughout the community." And one of the suitable ways, it is believed, is to do what the Massachusetts Temperance Convention, in Boston, in September last, recommended to be done, viz: "*to abstain from the use, as a beverage, of all in-*

toxicating liquors." This, no doubt is the true plan, and the only plan to accomplish fully, what the American Temperance Society originally had in view. And the formation of societies on the plan of abstinence from the use, as a beverage, of all intoxicating liquor, is not turning aside from the original design, but is a furtherance of that design. Most heartily, therefore, do the members of that society rejoice in the resolutions passed by the Massachusetts Temperance Convention, and other State Temperance Conventions, recommending to the friends of temperance, abstinence from the use, as a beverage, of all intoxicating liquor; and say in the language of their own resolution, passed at the last annual meeting of the American Temperance Society: "*the more extensively this course is adopted by all classes in the community, and especially by all members of temperance societies, the more rapid will be the progress of temperance, and the greater the prospect that drunkenness and its evils will cease.*"

They also believe that persons who practice on this plan, other things being equal, will enjoy better health, and be better fitted for every good work. They are extremely desirous therefore, that the practice should become universal.

6.—On page 24, the pamphlet says, that an argument "upon which the disuse of wine rests, is, that it contains alcohol—that alcohol is an invention or creation of man,—that it is not the work of God." Never till I read this pamphlet did I know that *any one* opposed the use of wine by such an argument. I have sometimes heard it said, that *distillation* is not the work of God, but of man; and of course that the product of distillation is not a creature of God in any such sense, as to make it the duty of men, on that account, to drink it. This has been said, to ward off an objection that has been made to abstinence from ardent spirit, by the quotation of a passage of scripture, "every creature of God is good, and nothing to be refused, if it be received with thanksgiving." And it has been shown conclusively that distillation is not His work, in any such sense, that men, on that account, are bound to drink its product. But that alcohol is an invention of man, I have never

before heard asserted; and no one acquainted with the subject, will assert it. It is formed by fermentation, which, as the pamphlet says, is "the result of a law as fixed as any law of the universe."

Alcohol is the result of fixed laws, as really as poisonous miasma, or opium, prussic acid, or arsenic. But it does not follow from this, that it is right to drink it. To determine that, we must inquire whether it tends to benefit the person who drinks it, or to make him more useful to mankind. If it does not, though it *is* "the result of a law of combination, as fixed as any law of the universe," to drink it is nevertheless wrong, by another law as fixed as the former, viz.; that to injure ourselves or others, is a violation of the will of God.

7.—On page 25, the pamphlet speaks of fermentation as being a "purifying process," as separating *perfectly* from wine, what was "foul and disgusting." It had before spoken of the "wine question" as the "absorbing question." This needs a little explanation. It appears not to be correct to say that the "wine question" is the "*absorbing question*," unless by the wine question is meant the question of abstinence from *intoxicating* drinks, including ale, porter, strong beer, &c. And if these are included, it is not the case, as some might imagine from the phrase in the pamphlet, that fermentation is a "purifying process" in any such sense as to make it right to drink these products; and that the foul and hurtful ingredients in those drinks are removed.

The tartaric acid, which may cause the gout, and the alcohol which may cause drunkenness are not removed by fermentation from the wine; nor are the poisonous qualities of the hop, the henbane, the coculus indicus, nux vomica, grains of paradise, copperas, or opium, which have been, or may be used, removed by fermentation, from the beer. Nor is the foul matter of the animal substances, which may be put in, to promote the fermentation and vegetation of the malt, by any means, all removed.

A bloated, red-faced beer drinker, came to a friend of mine, and wished to put his name to the pledge of total abstinence from the use of distilled liquor. My friend, perceiving his

habits, told him he had better put his name to the pledge of abstinence from the use of all intoxicating liquor; for said he, "do you know what filthy water they often make use of in brewing?" "O yes," said he, "I have been in a brewery three years myself. I know all about it. And don't you know, sir, that the more filthy the water, the better the beer?" My friend answered, "No." "O yes," said he, that is always the case. In ——— where I lived, the brewers, in drawing their water from the river, were very careful to have their pipes come down into the river just at the place which received the drainings from the horse stables. And there is no such beer in the world, as they make." He, too, thought that the drainings from the horse stables and filthy ponds were all removed, or purified, by fermentation, *but he was grossly mistaken.* And so are all persons, if they think that foul and hurtful ingredients are all removed by fermentation.

Near the commencement of the temperance reformation, a distinguished gentleman of my acquaintance, wishing to promote the cause, and thinking, like many others, *though they were utterly mistaken,* that the encouragement of breweries, would have that effect, became owner in part of a large brewing establishment. He was unacquainted with the business, and supposed they used nothing but malt and hops. Nor did he then know that beer made only of these, is deleterious to the human system. "But when I learned," said he, "the quantity of *coculus indicus, nux vomica, &c. which they used, and which the superintendent said they must use, *in order to compete with other brewers,* I was astonished, and sold out of the establishment, at a great sacrifice. I could not in conscience, hold property in such a concern, for should I continue to prosecute the business, as they were pursuing it, and as they said '*they must pursue it in order to make money,*' I should feel as if I was a murderer." Whether establishments in this part of the country use any thing of the kind, or if so, to what extent, I do not know. But distinguished chemists,

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*Two of the most powerful vegetable poisons.

of New York, who have analyzed some of the beers of that state, have declared that they find other ingredients, beside those of malt, and hops, and those things which are commonly supposed to be used in beer.

Since writing the above account of beer, I have read it to a respectable friend of temperance, and he informed me that some eight or nine years ago, several gentlemen of his acquaintance, were urged by a physician, who stands at the head of his profession, to form a company for introducing *pure beer* for family use, and for the laboring classes; and his argument was, that it would promote temperance. A number of individuals to whom he applied then formed a company, erected a brewery, employed a faithful agent, made pure beer, and had a large run of custom. But with all the advantages of capital, intelligence and patronage, they sunk money, from year to year, until they were entirely discouraged, and then they abandoned the establishment. My informant says one of the associates assured him "that he sunk twenty thousand dollars in thus trying to promote temperance by the introduction of PURE BEER into one city."

Abundant evidence has also been given to the public, proving that baneful and even poisonous ingredients, are used in the manufacture of many of the adulterated wines, which are in such common use; and eminent chemists have detected in them large proportions of sugar of lead, and other destructive articles. Alcohol then, is not the only poison which abounds in many of he fermented drinks now in such daily use throughout our land; and can we, with a full knowledge of such facts, say that they are harmless? Did not the convention, in view of these things, justly resolve "that all classes of persons, in all kinds of lawful business, would be better if they would abstain from the use, as a beverage, of all kinds of intoxicating liquor."

8.—On page 25, the pamphlet says, "that wine is by some thought to be more destructive to health than alcohol, or distilled liquor, and that it as surely induces habits of intemperance." But it should not be forgotten that the man who drinks wine, drinks alcohol, as really as the man who drinks distilled liquor;

and if he drink his wine clear, and his distilled liquor mixed with water, he may drink quite as much alcohol in one case, as in the other. Much has been said of late by many, and something is said in this pamphlet, about *pure* wine. I learn from a distinguished chemist in New York, that he has lately analyzed some of this pure wine, in which no distilled liquor had been mixed, and he found it to contain more than ten per cent. of alcohol, which is equivalent to twenty per cent. of brandy. And inebriants in high life are now daily getting intoxicated on what they call *pure wine*.

A friend of mine was the other day at a gentleman's house, on whose table was a bottle of this pure wine. And the gentleman told him that there was not a particle of alcohol in it. "Then," said my friend, "it will quench the fire, will it not?" "Oh yes," said the gentleman. "Then," said my friend, "will you pour half a glass upon the coals in the grate and allow us to see the experiment tried;" and the gentleman, suiting the action to the word, threw it into the fire, and instantly the lambent blue flame burnt, not only up the chimney, but into the room, to the great astonishment of the gentleman, and the diversion of others of the company. My friend had been delivering a temperance address, "but that fact," said he, "did more good than my lecture." *A liquor that will burn, is not fit to be used as a beverage.*

Another friend of mine from Smyrna, writes,—"in the island of Malta," where he long resided, "where the common Sicilian wine is plentiful and cheap, the most disastrous effects are produced by the use of it. Nothing is more common than to see both soldiers and sailors staggering through the streets, under the influence of intoxication, and this, in a majority of instances, is produced by wine. One poor man, a soldier, I attended in prison, and afterwards to the gallows, (to which he was condemned,) for shooting a sergeant dead, in a fit of intoxication, occasioned by drinking WINE. In the vicinity of the wine and coffee shops which abound in Smyrna, you will witness painful evidences of hard drinking;—nor is it uncommon to hear of a fierce encounter which terminates in assassination.

Not less than a dozen instances of this kind have happened since I came to this city. Probably some of these instances of murder were committed without the aid of wine, or any other intoxicating drink, but in most cases there can be no doubt that wine had inflamed the perpetrators."

9.—On page 26, the pamphlet says, "alcohol as it is found in wine, is less energetic, less injurious, than as it exists in brandy, rum, &c." This, provided the brandy is mixed, not only with water, but with sugar, milk, and other nutritious substances, and stands long enough to become thoroughly mixed with it, is, but to a very limited extent, if at all, the case. And whether it is a little more or a little less injurious, in one form or another, as it is really, and often greatly injurious in both, it is evidently in both, the course of wisdom, safety, and duty, to abstain from it.

10.—On the same page the pamphlet says, "wine is digested"—"it is not a poison"—"it neither alters nor destroys the organization of the stomach, the liver, the blood-vessels, or the brain." If by this, it is meant that the alcohol in wine is digested, is not a poison, or does not alter or destroy the organization of the stomach, &c. it is not more really true than it is with alcohol in brandy, or rum. Even if it does not injure it to as great an extent, it certainly does injure it. If all that is meant is only that other nutrient ingredients which are mixed with the alcohol in wine, are digested, it is equally true with the nutrient ingredients which are, or may be, mixed with brandy and water. But the alcohol in both cases is a poison, and produces its appropriately poisonous effects.

11.—On the same page, the pamphlet says, "wine rarely produces an irresistable craving, a mastering importunity for more, and more." But the facts show, that cases of this sort are by no means so *rare* as this language would seem to imply. Scores of cases might be mentioned, in which persons have gone to the drunkard's grave, whose unnatural and destructive appetite was *first* formed by wine; and numerous cases in which it was formed by porter, beer, and cider, and when the subjects of them were children. A young man of distinguished talents, lately died a

drunkard, who stated that his first appetite for liquor was formed by drinking what was left in the wine glasses which were carried into the kitchen from his grandfather's table, after he had company. His grandfather was a minister. Numerous other cases might be cited where the appetite was formed on other fermented drinks.

The president of the Massachusetts Temperance Society stated one evening in a public meeting, "That the idea, that wine does not form intemperate appetites, is not correct; for he had that evening visited a young man of a respectable family who must die that night, and that his intemperate appetite was *formed* entirely by the use of wine, and I warned him of his danger when I first discovered his habit, but he disregarded me *and he is now dying a brandy drunkard.*"

12.—On the same page, it is said, "while the drunkards of his acquaintance are the very men, who, in youth, were averse to conviviality in every form." May not this imply, when taken in its connexion, that abstinence from wine drinking in youth, is as apt as the use of wine, to be followed by intemperance in after life? But the contrary it is believed, other things being equal, is notoriously the fact; and that abstinence in youth from all intoxicating liquors, is the grand safeguard against drunkenness in after life. Testimony on this point we have sought from the best sources, and the following, from an accurate observer and philanthropist, is of vast importance.

BROOKLINE, 4 FEBRUARY, 1836.

Reverend and Dear Sir:

Your inquiries relate to a subject, which has occupied my attention from early life. The result of my observation, which I could substantiate by incontrovertible facts, is, that drunkenness is a peculiarly social vice; and that, if not always contracted in the company of kindred spirits, it is greatly promoted by convivial habits. Instances of a different kind are but exceptions to the general practice. The biography of drunkards, the history of taverns, as they have been too generally kept; of grog-shops, of booths on public occasions, victualling cellars, soda establishments, and especially, of boarding places, in our cities, for sailors, would give terrible confirmation to this position. In regard to the latter particular, I would refer every inquirer to

the plain, unvarnished tales, which the Rev. Edward T. Taylor, preacher to seamen, in Boston, so often and pathetically unfolds.

With respect to the university, at Cambridge, whose history I have studied with no ordinary attention and interest, for more than fifty years, my conviction is stronger, that the great enemy to temperance there, the source of most of its riots and insubordination, and of habits of drunkenness, contracted in subsequent life, is the convivial abuse of wine. The evil has indeed been aggravated, in former years, by the mixture of punch, cider, and other liquors, which render wine more dreadfully certain of its intoxicating effects.

But, at this university, wine is the all-absorbing stimulus of modern times; and the treats, in which this is the only beverage, have furnished much reason to suspect, that, if it be not "a poison," it is not always "digested, as are other alimentary drinks."

That wine is the principal agent in such excitements, appears from the fact, that it constitutes, at least, one half of the expense of a social dining party; that songs, in praise of wine, give a peculiar zest to such entertainments; that the popular odes, for festive meetings, are not only often written under the inspiration of wine, but enkindle similar inspiration, when sung, or recited; and, above all, that the government of the university have been obliged to exert all their authority and vigilance, to prevent or suppress assemblages, in which the abuse of wine is almost sure to lead to mischievous consequences.

But the most melancholy part of my testimony remains. It is this; that many, many in subsequent life have fallen into intemperate habits, which have greatly impaired their usefulness, introduced a frightful list of disorders, and occasioned other evils too numerous, and yet too obvious to be mentioned, and at length shortened their days, who commenced their thirst for alcoholic stimulus, at the University, principally, if not solely by the frequent and copious use of wine, on convivial occasions.

It is painful to feel this conviction, in respect of my Alma Mater, disposed as I am to yield to none in an early, unwavering, devoted attachment to her interest and her honor. Nor could any consideration induce me to express this conviction, but the belief, that the evil here exposed is one of her crying sins; the assurance, that it exists, in at least an equal degree, in our other Universities and Colleges; and the hope, that the testimony of an old man, who, among his acquaintance, has gained some notoriety for matters-of-fact, may afford you and

kindred reformers a little aid in advancing, as the late Chief Justice Parker expressed it, "THE GREATEST MORAL CHANGE, WHICH HAS EVER TAKEN PLACE IN THIS COMMUNITY."

Accept this feeble testimony with earnest prayers for the increasing success of your unwearied efforts to do good, and to prevent evil, in a cause, which lies so near your heart, and in which be assured of the coöperation, to the utmost of his power, of, dear sir, your sincere well wisher,

JOHN PIERCE.

REV. JUSTIN EDWARDS, D. D.
Cor. Sec. Am. Temp. Society.

The following is from Rev. Dr. Bates, President of Middlebury College:

MIDDLEBURY COLLEGE,
February 19, 1836.

Rev. and Dear Sir:

As to the question, whether "convivial wine drinking, in youth, is no more apt to be followed by drunkenness in after life, than abstinence from it," I have a full belief. The young men of my native town, with whom I was acquainted *forty years ago*, and many (O, how many!) of whom have long since found a "drunkard's grave," were generally "convivial wine-drinkers;" but, in most instances, they did not confine themselves, even in youth, to the drinking of wine. Of course, it is impossible, to determine, with certainty, what would have been the result, if rum and brandy had been kept from them, till they had passed the period of youth and thoughtless *conviviality*. In looking back upon my college life, at Cambridge, I find that the members of college at that time, who have since become drunkards, were "convivial wine-drinkers," I believe, every one of them; but I am not able to say, that they *never* drank brandy and gin. My belief is, however, that the "wine bottle and the cigar" were, generally, the exclusive stimulants, at their convivial meetings,—and of one fact, which may be thought to bear on the question, I am very confident; and that is, that, among my fellow-students, *all* those, who were never found in such "convivial meetings," and who drank *no* wine, have maintained, in subsequent life, a character of strict sobriety and perfect temperance.

About the time, when I became connected with Middlebury College, there was much wine-drinking, in the institution; and several young men, educated at that and a previous period, became intemperate; and as I apprehend, in consequence of

the appetite created and the habit formed by "convivial wine-drinking," in college. In attempting to prevent this practice, it was found by experience, that our temperance society was useless, or *worse than useless*. The pledge of entire abstinance from "distilled liquor, or ardent spirit," did not touch the case. Indeed, it was thought by some to increase the temptations to a frequent and excessive use of wine and beer. Subsequently a new pledge has been adopted, embracing, "as a beverage all intoxicating liquors." This, we think, has placed the axe at the root of the tree; has very nearly cured the evil in the institution; and, we hope, will soon prevent any one from entering its walls, who is not prepared also to enter the "temple of temperance," and abstain entirely from the use of every thing, which can produce intoxication.

Yours in the common cause,

JOSHUA BATES.

Rev. J. Edwards, D. D.

13.—The pamphlet says, speaking of France as having lately fallen into the habit of using distilled liquor, "from that time, intemperance has appeared in the country." "Giving up the old and free use of wine, and substituting the use of brandy, has brought upon the nation a curse, never known before." But the fact is, that drunkenness has been known in every country in which wine drinking has been practised.*

14.—On page 28, speaking of wine drinkers, the pamphlet says, "shall we call upon such to forego what, in moderation, may do no harm, and which moderate use may not produce a morbid desire to commit excess?" But the facts show, that it *does* do harm; and in many cases *does* lead to drunkenness and ruin. And shall we continue to use that, as a beverage, which it is certain from one hundred thousand cases of individuals who have tried it, men would be better without? and that which, it is certain also, if they do use it, will lead multitudes to ruin, and which no drunkard can continue to use, and be expected to escape the drunkard's grave?

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*See Sargent's letters to Dr. Sprague, and also his letters to Bishop Hopkins, published in Zion's Herald, in which a multitude of facts are given in illustration of the above truth.

15.—On the same page, the pamphlet speaks, as if the supposition, that a poor man would consider the rich man's drinking wine, as an excuse for his drinking rum, or whiskey, as absurd. It says, "the very supposition is absurd on the face of it." But it is in fact one of the most common excuses, which for ten years past I have heard made. And a man who drinks his wine, can do next to nothing efficaciously, in leading other men to give up rum, or whiskey. They will tell him, "You may well give up rum, and if I could buy your rich wines, I would give it up too." A clergyman in this commonwealth lately employed a negro to chop wood for him. The clergyman on visiting him, to see how he got along with his work, espied a jug among the chips, and said, "What is here? rum?" "O yes, Massa," said the negro. "But if I could buy wine, as you do, (he had seen it on the clergyman's table) I would not have this vile stuff." And from that day, the clergyman gave up his wine. This very objection was noticed as a common and very important one, by Judge Parker in his letter to Dr. Warren, six years ago. He says "The poor man, when urged to refrain, is *apt* to retort, 'Why if we could afford to drink wine, as you do, we certainly would not drink rum; but we must have something as well as you; and rum is the cheapest thing we can get at.' *It is necessary*, said the learned judge, *to show such people that there is no need of any stimulants.*" And how can you show them, but by example? This objection, or the supposition of it, it appears, in the opinion of Chief Justice Parker, was not absurd then. Nor is it any more absurd now. And rich men must give up their wine and other intoxicating drinks, if they would set an example which will exert the most powerful and salutary influence, in leading poor men to give up their rum. And if they will not do that, for the sake of advancing the infinitely momentous interests of the temperance reformation, how can they in truth, be called its consistent friends? Three years ago, a distinguished officer of the United States Senate, at Washington, said to me, "No man can help the cause of temperance any in this city, who either uses wine, or says any thing in favor of

it." And the time has now fairly arrived when wine drinkers are called to test their friendship for the temperance reformation; and to show which they most regard, its onward, and rapid triumphs, or the gratification of wine drinking.

16.—"Intoxicating liquor," the pamphlet says, "is not definite, and the words distilled liquor are preferred instead of them on account of being more definite." But suppose twenty or thirty per cent. of brandy is mixed with wine, is that distilled liquor, or not? One thing is certain, it is intoxicating. And so is every kind of liquor, that causes or perpetuates drunkenness. And this may be considered as the proper definition of intoxicating liquor. *It is that liquor which causes or perpetuates intoxication.* And it may be no more difficult to ascertain what that is, than it is to ascertain what is distilled liquor.

17.—On page 30, the pamphlet seems to imply, that should a person pledge himself to abstain from the use, as a beverage, of all intoxicating liquor, he would be bound, or be in danger of feeling that he was bound to abstain, not from his own individual responsibility to his Maker, or his fellow men, but "solely by the obligation which a society may impose upon him." And that "such a course and such an influence takes men from the constant and salutary pressure of personal obligation." But this is no more the case in a pledge to abstain from *all intoxicating liquor*, than in a pledge to abstain from *ardent spirit* only. And it is no more the case in a pledge of this sort, than of any other sort. A man has no fear of this kind, in requiring a man to pledge himself to pay his debts, or a woman to pledge herself to respect her husband, or a man to pledge himself to provide for his wife. And he need to have no more fear in this case.

I had marked a number of other instances in which the pamphlet seems to be arguing *strongly* in favor of wine-drinking, and *weakly* in favor of abstaining from it, and has exhibited things manifestly incorrect, and apparently adapted to be injurious to the community, but I forbear to notice them, and proceed to notice,

18.—What we are told on the 32d page of the pamphlet; that the views which are set forth in the pamphlet are not to be considered as the views of the Council of the Massachusetts Temperance Society. I rejoice in the announcement of this fact. It rises like a spot of verdant beauty, in the midst of a long and dreary desert. And I do not wonder that the Council should say, as they do, on page 33, in speaking of the address, "It may seem, that a defence of the use of wine was intended." It not only *may*, but many have assured me, that it *does* seem like that. And I cannot but fear that that *seeming* intention which is so obvious, and to which the Council refer, will do more hurt, by promoting wine-drinking, than the real intention will do good by preventing it.

19.—I rejoice to see it stated, as it is, on the same page, by the Council, that any intended defence of wine-drinking would be, "in *obvious opposition* to the whole doctrine, and spirit of the convention, whose proceedings they were commissioned to publish." This fact no person who was in the convention, I think, will doubt. And it is on account of this seeming defence of wine-drinking in the pamphlet, which is so obvious, to which the Council refer, that there has been such a general and strong disapprobation of it. And though not intended, I cannot but think that the appearance is singularly unfortunate. A learned and distinguished judge in this commonwealth, as I am informed, who was not in the convention, but to whom the pamphlet was sent, and who had read it, remarked, "*that the convention said one thing and the address another; and that if he understood it, the address defended the drinking of wine, and the convention discountenanced it.*" But I presume it was not the expectation that an address should, *at their request*, be published which should *appear* to be in opposition to their own doings.

20.—I now turn with great pleasure to the sentiments which the Council affirm that they *do* hold, and regret that these have not been as fully and strongly set forth, as those which they seemed to hold, but which, we learn, they do not hold.

I. "The *immoderate* use of wine," the Council hold, "is always injurious." But I regret exceedingly, that they have not marked the line between moderate and immoderate drinking, and told us what immoderate drinking is. Till they do this, multitudes of moderate drinkers, in their own estimation, will really drink *very immoderately*, and great injury will result from it to themselves, and the community.

II. The Council hold that "*wine, in its moderate* use, is in no sense necessary for the young in health, and even in such use, it is always *injurious* to them." This truth, which the Council, composed in part of very eminent physicians, *do hold*, I hope will sink deep into the minds of the community. "It," they say, (wine, in its moderate use,) "*gives new force to the passions, diminishes he power of self-control, and by its exhilarating effects natural to it, invites directly to excess.*"

Speaking of a young man drinking wine, the Council say, "The balance of his powers will always be disturbed by it, and he is placed at once in circumstances hazardous alike to his moral and physical good." *This is true doctrine.* It is what the convention believed, and it was one reason which led them to recommend to all friends of temperance to renounce the use of it, that they might, in this way, set a safe and salutary example to the young; and not be instrumental, by example, of leading them to form habits which might ruin them. And it is earnestly hoped, that this consideration will lead all friends of temperance, to comply with that recommendation.

III. The Council hold that "the use of wine, is not necessary to the adult, in health, even in its moderate use." *This is also true.* And it is proved by a multitude of facts, that it is not, in such cases, *even useful;* and that when taken as a beverage, it is *hurtful.* Nor is this the case merely with persons who are in health, but in multitudes of instances, also, in which it is taken, in small quantities, as a medicine. A few of these instances of the hurtful effects of wine, when taken in moderation, out of many in my possession, I will give as a specimen of the rest. And as the pamphlet contains a letter from the Rev. Samuel Miller, D. D., Professor of Ecclesiastical

History in the Theological Seminary at Princeton, New Jersey, and I have one which more fully expresses his views, I will begin with a letter from him.

PRINCETON, JAN. 1st, 1836.

Reverend and Dear Sir:

Your communication of November 17th reached me on the 25th, and would have been acknowledged before, had not engagements, of the most urgent kind, deprived me of the requisite leisure. It gives me peculiar pleasure to comply with your request in regard to the use of *all intoxicating drinks*, because I verily believe that the well-being of society, and especially the best interest of the *rising generation*, must be considered as deeply involved in the banishment of such drinks from habitual use. You request a statement of my own expeperience in reference to this matter.

I was never in the *habit* of using ardent spirits; and, during the earlier period of my life, seldom drank wine. Yet my abstinence from it, prior to the forty-third year of my age, cannot be said to have been either systematical or rigid. In that year I had a severe fit of illness, in recovering from which, the use of some sound old wine which was, providentially, within my reach, was so strikingly beneficial, that my physician advised me to continue it after my recovery; and, indeed, expressed the opinion that I ought to take, at least, one glass, if not two, of good wine daily, to the end of life. I followed his advice for *more than sixteen years;* I very seldom drank more than one glass, and never more than two glasses. In this moderate use, I was almost invariably regular; and great were the pains to which I submitted, from time to time, for obtaining wine of pure and indubitable qualities, not as a matter of *luxury*, but of *health.*

During all this time my health, though not *bad*, was *delicate;* and toward the latter part of the sixteen years just mentioned, there was every appearance that my constitution was giving way, and that a premature and feeble old age was creeping upon me. Still I had no suspicions that wine was hurting me, and only supposed that, *in spite* of its benefits, my sedentary habits were undermining my strength.

More than six years ago, when I was approaching my *sixtieth year*, hearing so much said about the mischiefs of stimulating drinks, and entering, as I did, with cordial zeal, into the temperance reformation, I determined to go beyond those around me, and to abstain not merely from *ardent spirits*, but make the experiment, for at least three months, what would be

the effect of an immediate and entire abstinence from wine, and all intoxicating beverage. Accordingly I broke off at once and from that day to this, have not tasted wine, excepting at the sacramental table. I have also abstained, during the same time, from cider, beer, and every species of drink stronger than water, and never set any of them on my table, unless they are called for by peculiar circumstances. The experiment had not proceeded more than a single month, before I became satisfied that my abstinence was not only distinctly, but very strikingly beneficial. I was so far from suffering any injury from the abstraction of my accustomed stimulus, that the effect was all the other way. My appetite was more uniform and healthful; my digestion decidedly improved; my strength increased; my sleep more comfortable; and all my mental exercises more clear, pleasant and successful. Instead of awakening in the morning with parched lips, and with a sense of feverish heat, such feelings were almost entirely banished; and instead of that nervous irritability which, during my indulgence in wine, was seldom wholly absent, I am now favored with a state of feeling, in this respect, very greatly improved. In short, my experience precluded all doubt, that the entire disuse of all intoxicating drinks has been connected, in my case, with benefits of the most signal kind; with much firmer health than I enjoyed twenty years ago; with more cheerful feelings; with greater alacrity of mind; and with a very sensible increase of my capacity for labor of every kind. I can never cease to be grateful that I was led to make this experiment; and think it is highly probable that if I had not adopted this course, I should not now have been in the land of the living.

I have had occasion frequently to observe that some who, like myself, drink nothing but water, are very *liberal* in their use of that element. They drink it often and largely, and especially make a very free use of it at dinner. This was once my own habit; but I became fully convinced that it was not salutary, at least to me. The truth is, since I have left off the use of all intoxicating drinks, I seldom experience the sensation of thirst. Often I do not touch a particle of any kind of drink at dinner, and even when I am overtaken with thirst, I find that, in my case, it is better slaked with a few tea-spoons full of water, taken slowly, and at several swallows, than by a whole tumbler full, or double that quantity, as many are accustomed to take—I am very confident that we may take too much even of water; and that deluging the stomach even with the most innocent fluid, tends to interfere with perfect digestion.

I feel a deep interest, my dear sir, in the reception and prevalence of these opinions. It would be well for the church and the world, if our present race of young men, especially those in our seminaries and colleges, could be prevailed upon to enter into the spirit and practice of this doctrine. How many broken constitutions; how many cases of miserable nervous debility; how many degraded characters; how many melancholy wrecks of domestic peace, and of official usefulness, would be spared, if we could make our beloved young men believe us, when we speak thus! May the Lord enlighten and counsel them in his time!

With many prayers that you and your associates may be guided and prospered in your benevolent labor,

I am, Rev. and dear sir, your friend and brother,

SAMUEL MILLER.

The next letter is from the Rev. Alonzo Potter, D. D., Professor of Intellectual and Moral Philosophy, in Union College, Schenectady, New York.

UNION COLLEGE, Nov. 4, 1835.

Reverend and Dear Sir:

I have to acknowledge your letter of the 20th ult., in which you inquire whether I have received any special benefit from discontinuing the use of intoxicating liquors, as a beverage. I answer by stating a fact. During two years which have elapsed since I discontinued the use of wine and porter, the only intoxicating substances which I have been accustomed to take, I have improved materially in health, and have been able to make more prolonged efforts both of body and mind. We are not authorized, from any such fact, to infer that the abstinence and the improved health, stand to each other in the relation of cause and effect. But when it is found, as I doubt not it will be in the course of your inquiry, that similar experiments by others have been generally, if not invariably, followed by the same results, the relation will be established, and will merit the deep regard of all young men.

It may be proper to add that this change in my habits was not induced by any hope of promoting my health—I had rather cherished the belief that some local infirmity, as well as an extreme general debility from which I sometimes suffered, might be partially relieved by the use of good wine, and, in this opinion, I found myself confirmed by the advice of judicious friends, and physicians. But it was growing more and more evident that I could not succeed in persuading others to renounce one kind

of intoxicating liquor, while I continued the habitual and daily use of another, and that in order to impress upon reformed inebriates the necessity of *total abstinence from all that could intoxicate* as the only means of persevering in their new course, I must add example to precept. And further, that related as I was, to a large number of interesting young men, the hope of the country and of the church, it was peculiarly incumbent on me to exhibit a consistent and blameless example. On these accounts I felt obliged to deviate from my former practice, but with the expectation of suffering considerable physical discomfort in my own person, and not a little reproach from others. In both these respects I have been happily disappointed. My friends have appeared perfectly willing to concede me the enjoyment of my liberty in this respect, and I have had, since the expiration of the first few weeks, almost daily consciousness of increased health and enjoyment. While I continued to drink wine, I had repeated attacks of hoarseness and sore throat, which disabled me from the comfortable discharge of my duties as a minister, and induced me at length to retire from them. Since October 1833, I have had but one slight attack of this kind; and there has been no Sunday, on which I could not have officiated in public with ease. I do not suppose that the disuse of wine has been the only cause of this improvement, but I am persuaded that it has been one of the most powerful. It should be understood that for some years previous, I had been accustomed to take wine, at dinner, daily, and with as much freedom as was proper in a clergyman, or in a zealous advocate of the temperance cause.

In concluding this letter, I cannot refrain from inserting an extract from the private letter of a friend, which I received a few days since. The writer is a gentleman of distinguished opulence and worth, now considerably advanced in life; and if I felt at liberty to mention his name, it would secure for his remarks, wherever he is known, the most implicit confidence. He says, "I don't know but I am likely to become a cold water man. The first day of my stay in ———, I asked for a bottle of claret; and was, to my surprise, told that there was no wine kept in the house, and that further, none of the boarders used wine. At the moment I hesitated, but finally concluded that as I was situated, it would not be courteous to interrupt the habits of the house. From this moment I viewed myself as beginning an experiment on the question of total abstinence. I have so far persevered, and may be said almost to have become a convert, it being ten weeks since I have confined myself to the wine of our first parents. So far, I am satisfied that

my health, which was good before, has improved. My eyes have been stronger—my intellect clearer—and my sleep more oblivious. Should this experiment result, as I now expect it will, in an entire relinquishment of this species of indulgence, it will be a fact of some little notoriety in my history; for perhaps there are not many, who, for thirty years past, have taken more pains and lavished more expense in procuring exquisite wines, under the impression that they would cheer not only myself in the evening of life, but others who had acquired similar habits and similar tastes. What a commentary on the plans and contrivances of poor human wisdom! Perhaps a deathbed will be needed, to teach us how many of our cares and pains-takings must come to a similar result."

Very truly and respectfully, yours,

ALONZO POTTER.

DR. EDWARDS.

Extract of a letter from a gentleman in Switzerland.

LAUSAINNE, CANTON DE VAUD, AUGUST 9, 1835.

"In this Canton, whatever it may be in other Cantons, those who are habitual drunkards have become such *by the use of wine, made of their native grape, and to which there has been no distilled spirit added.* The good people of the Canton wish to do something to promote temperance, and they will certainly soon set about it, for here as in the Canton of Berne, intemperance is making *great progress.* As you look up to this sweet and beautiful town of Lausainne, from the Lake of Geneva, you see the vine every where covering the fields, and hills, groaning with all the luxuriance of a New England cornfield. Now it would be an hundred fold greater triumph of moral principle, than America has witnessed in the disuse of ardent spirit, if the Swiss, for the good of themselves and others, were to resolve to have nothing to do with the cultivation of the vine. Then they might know the blessedness of keeping holy the Sabbath day, but now it is awfully desecrated by riot and amusements. Even the theatre is open, and many spend on that day, the whole earnings of the week, in *that,* and in other places of dissipation."

From E. Taylor, Esq. brother of Hon. John Taylor, late Speaker of the House of Representatives of the United States.

SCHENECTADY, 8 DEC. 1835.

Rev. and Dear Sir:

When I was five or six years old, I was taken to my father's "*case,*" by an older brother, and drank spirit until I became so

drunk as to be nearly twenty-four hours without knowing any thing. The whole family were alarmed—the neighboring physicians called in, and death was expected to ensue. This *debauch* gave me a decided antipathy to strong drink, which lasted until after I went to my apprenticeship, in my sixteenth year. And it was the *jeers* and *jokes*, and being called *old woman*, *sneak*, and *flunk*, and such like names by my shop-mates, which, after some weeks, led me to take a very little spirits in a great deal of water. During the five years of my apprenticeship I continued to drink, very frequently, if not daily. *It was the practice of the shop.* A few weeks since I came in company with an apprentice of a later date than myself, of the same shop,—a gentleman of wealth, respectability and character—*a totaller*—and we counted up *twenty-one* journeymen and apprentices, who had wrought in that shop during the period of our two apprenticeships. But two of these, (except our two selves,) we think are now alive, one is the lowest of drunkards, the other is occasionally intoxicated; and of the *seventeen* which are believed to be dead, *ten were public drunkards*, and the remaining seven used intoxicating drinks freely; and it is known some of them increased the virulence of disease thereby, and very probably, in this way, shortened their days. Verily, I am *a brand plucked out of the burning!* We all began to drink *temperately!* and not one designed to be a drunkard! What desolations, for time and eternity, have been induced by *temperate drinking!*

It is about fifteen years since I quit the use of distilled spirit as an ordinary beverage. And this I did, because I was fully satisfied that the use of them was doing incalculable mischief, and I began to feel, more deeply than formerly, that I was accountable for the whole of the influence I could exert on all and each of my fellow men. I also found that the extreme acidity of my stomach, (which I am now fully persuaded was induced and strengthened, by the use of alcoholic drinks,) was rendered more distressing by the use of spirits. This particular complaint has been mitigated and my general health improved by their disuse. But "total abstinence from all that can intoxicate, as a beverage," has done more still to relieve the acidity of my stomach and improve my general health. I discontinued the use of wine and beer, as a beverage, about seven years ago, not because I then thought they would, or did hurt me, but because I saw they impaired my influence as a friend and advocate of the cause of temperance. For the same reason, two years since I quit the use of cider and all acoholic drinks.

And I can truly say, that *total abstinence from all that can intoxicate is not only safe, but comfortable.* It not only is a good example to others, especially our own households, but causes increased health to the system, and equanimity and cheerfulness of temper. It tends to promote discretion and sound judgment, and increased purity of heart and life.

For a few of the last years, I have spent about a fourth of my time as a voluntary agent to promote the cause of Temperance, and have become acquainted with the history of a large number of *moderate* and *immoderate* drinkers of alcoholic beverages, from the light champaigns to fourth proof brandies. I have watched the reformation of some dozens of inebriates, and have been compelled to witness the relapse of many who had "run well" for a time. And I say, without any fear of contradiction by any one who has paid attention to the subject, that the greatest obstacle to the reformation of drunkards, is the habitual use of *wine, beer, cider and cordials*, by the respectable members of community. And in very many, I believe in most cases, intemperate habits are formed—*the love of alcoholic drinks induced*, by the habitual use of these "lighter beverages." I have not room on this sheet to detail specific cases in confirmation of the foregoing positions, but will refer you to the Albany Temperance Recorder of May, 1835, in which, in an article commencing on the first page, you will find twenty-seven, all real cases, of the reformed and *relapsed*, proving that "the lighter drinks" take the drunkard back to his intemperance, even when he would reform; and that they who mean to stand, must not tamper with the foe. I am happy to add, to No. 2, there mentioned—that while he drank his cider, though in lessened quantities, he found the "vile thirst" unsubdued, and a constant warfare was kept up in his throat and stomach, and he, months since, became a *totaller*. The "vile thirst" is gone, and his eyes are well.

I rejoice to say that a very great majority of the several hundreds of clergymen, of my acquaintance, are decided friends of the temperance cause, and both by preaching and practice inculcate "*total abstinence from all that can intoxicate, as a beverage.*" The fields of labor, of the few who are exceptions, are, so far as I can recollect, like the "mountains of Gilboa." No dews of divine grace distil on them. And more than this, the drunkard and the young recruits to this army of five hundred thousand drunkards, all make a battery of these clergymen, and say, "Rev. Mr. ——— won't sign your total abstinence pledge," and "Rev. ———, D. D. drinks his wine and says 'It is good.'" "If alcohol is good in wine, so it is in whiskey

and rum." And so these dear brethren, who should be the first to bar the road to death, and pluck sinners from the burnings, are really stumbling blocks, over which drunkards, and temperate drinkers, too, stumble into hell. O, if I could arouse these "watchmen," I would "cry aloud and spare not," until they should put on the "beautiful garments" of self-denial, and come up to the "help of the Lord," against the desolations and ruins of drunkenness.

I am under infinite obligations to Him, who guided me, when I knew him not, and upheld me, while so many have fallen on my right hand and on my left; and by His grace I will labor in this field, and where His providence may appoint. Poor is the return I can make. But I will not be unthankful for the "day of small things." To be humbly grateful for a little, is the way to get more.

With my fervent prayer that your life and usefulness may be greatly prolonged,

I am rev'd sir, yours, &c.

ELISHA TAYLOR.

Dr. Edwards.

Extract of a letter from Professor Silliman, of Yale College, Connecticut.

Boston, March 10, 1836.

Dear Sir:

At about forty-three years of age, I suffered an almost entire prostration of health, in consequence of excessive labors, and affliction, from the sickness and death of several of my children. During several years, in which I was sinking, I tried in vain, under medical direction, the most approved forms of stimulus, joined with the most nutritious and varied diet. When at length, my powers were almost broken down, I was persuaded by a friend, to abandon the use of wine and every other alcoholic stimulus, and to depend upon a small quantity of bread, crackers, rice, and little animal muscle, or other simple kinds of food, with water, milk, or other mild diluent drinks, omitting every thing that contains alcohol. Within a few weeks, my health began to mend, and, at the end of one year, I was able to return to arduous duties, demanding constant exertion of both body and mind. My frame, naturally vigorous and elastic, gradually recovered its tone, and now, thirteen years after the period of my greatest depression, I am able, upon a simple but common diet, consisting of the most usual articles of food, taken without any use of alcoholic stimulus, to perform constant labor in my profession, with much public speaking, and I sustain no

inconvenience, except, the fatigue which sleep removes, as in the case of other healthy persons. I was, from childhood, constitutionally prone to bleeding at the nose, and sometimes to an alarming degree. After the recovery of my health, I allowed myself to use, with much moderatoin, the best bottled cider, *at dinner only.* After abstaining from it, for a few weeks, on a long journey, (because cider of a good quality could not be obtained, at the taverns,) my nose bleeding ceased, and with it the vertigos, and confused and uncomfortable feelings of the head and nerves, by which I had frequently been troubled. Thinking that cider might have been concerned in causing these effects I have never returned to its use, and for nearly three years, since I omitted cider, I have had no serious recurrence of these affections.

Yours, very respectfully,

B. SILLIMAN.

DR. EDWARDS.

P. S. In two other cases, within my knowledge, nose bleeding has ceased by the omission of cider. In one of these, the bleeding was excessive and dangerous. The individual last referred to is a very athletic man, of full habit and sanguine temperament.

Extract of a letter from the Hon. Joshua Darling, Chairman of the Executive Committee of the New Hampshire State Temperance Society.

HENNIKER, JANUARY 13, 1836.

Rev. and Dear Sir:

In answer to your inquiries, allow me to say, if my experience can be of any use in promoting the great Temperance reform, I will overcome all scruples of delicacy on the subject, and here submit my narrative to your disposal, to be used as you think best. I am now sixty years of age. It is about seven years since I abandoned the use of ardent spirit. About four years ago, I gave up wine and tobacco; and for one year I have used no cider, nor do I permit its use on my farm or in my family.

From early youth, I had been accustomed to the constant, free and unrestrained use of ardent spirit. When in college, over forty years ago, most of the students were in the habit of using, and giving to their friends, from *their own stores*, ardent spirit and wine. As to the quantity drank, we did not all conform to the standard of one of our number, who when inquired of by President Wheelock, answered, "that the least quantity he could put up with, to prevent the water from

injuring his system, was from two to three pints daily"—but, with few exceptions, we drank too much for our health, or for our advancement in the acquisition of knowledge. For thirty years, after obtaining my degree, I was engaged in trade, and during all that time I sold the deleterious poison, in large and small quantities, having both a tavern and a retail license for that purpose. Is it much to be wondered at, that during nearly half a century, in which I was in the almost constant use of intoxicating drinks, and daily furnishing them for others for the last thirty years of the time, if the *whole man* became deeply affected by such a course? Although in the eye of the world I may not have been considered a confirmed inebriate, as I had my seasons of intermission, and never entirely gave up business, yet I am constrained to confess, that I was descending the downhill path to destruction, and when I seriously reflect on my then situation, it is my deliberate opinion, that, if the blessed temperance reformation had not come to my rescue, I should, like thousands, and tens of thousands of others, who began as I did, by moderate drinking, have found, as they have done, the same drunkard's grave.

I was constitutionally very nervous, and subject to periodical returns of depression of spirits, and I am fully persuaded, now, that this tendency was greatly increased by the use of stimulants, which so enfeebled my nerves that I could hardly, at times, write my name, and this, for the time, induced me to give up corresponding with my friends; but since I have refrained from ardent spirit, and more especially from all intoxicating drinks, and the use of the subtle poison, tobacco, my nervous system has regained more than its wonted tone; my hand writing is *firm*, and equal to that of my younger days.* My general health is much improved and I have a more uniform and constant flow of animal spirits.

My experience has convinced me that the free use of intoxicating drinks unfits the mind for study, meditation and reflection; and incapacitates the subject from performing, properly, his duties to himself or to his Creator.

In addition to all the other blessings which have, in my case, followed the change in my habits, I have reason to hope, that by the grace of God, I have been led to embrace the Saviour, as offered in the gospel. I do, therefore, most earnestly, and affectionately, entreat all persons of every age, and more especially all students, in every stage of their education, to abstain entirely *from all intoxicating drinks, and drugs;* and to take for their motto, what, through divine goodness my entire family

* And it, truly, is a fine specimen of penmanship.—J. E.

of ten children, have adopted,—"touch not—taste not—handle not" the destroyer of our peace here, and of our hopes hereafter.

To God alone, who is mighty and able to save, by whom my deliverance has been wrought, through the entire abstinence principle, would I render all the praise.

I am, dear sir, your ob't servant,

JOSHUA DARLING.

JUSTIN EDWARDS, D. D.

Extract of a letter from Dr. Wm. A. Alcott, author of the Young Man's Guide, and editor of the Moral Reformer, and more especially known, of late, to the young, as their friend, the editor of *Parley's Magazine*.

BOSTON, JANUARY 11, 1836.

I was early accustomed to the use of cider, in large quantities. Occasionally, too, I drank distilled liquors; almost always, however, from the earliest years, with strong doubts of their utility. The utility, and even necessity of cider, for many years, at least, I never doubted. But water—pure cold water—I never drank in early life, except to cool myself. From the age of 25 to 30 I began to doubt still more strongly, the good effects of distilled spirits. I seldom drank it except when exposed in an unusual degree, to cold or wet. At about 28 years of age, I began to abstain entirely, from ardent spirit, and soon after from cider. At 32 I abandoned all fermented drinks.

Before I discontinued the use of narcotic, and intoxicating drinks, I was threatened with consumption; this tendency still remains, but is every year diminishing. My general health has *greatly* improved. I think my constitution of both mind and body more juvenile than six years ago. For six years past, all my senses, except hearing, have improved greatly; but my hearing remains the same. My taste, and my sight, are remarkable. As to taste, water, formerly so insipid, has now a surprising sweetness. I must add, in closing, that many circumstances in which I have been placed, during the last six years, have been *far less favorable* to health than formerly. I was bred to the farm, till twenty-four years of age, and accustomed to much exercise in the open air. Since then, I have, at times greatly neglected air and exercise; yet I have performed excessive labors; enough, frequently, for two ordinary men. I have studied much by night, or rather morning, for I rise at 3 or 4 o'clock *all the year round*. I have lost nothing by my temperance, but have gained immensely; a species of

property, too, which worlds of extraordinary stimulants would not now induce me to part with.

Yours, very respectfully,

WM. A. ALCOTT.

Letter from Commodore Porter, American Charge at Constantinople.

U. S. Legation, *St. Stephano,*
de Constantinople, July 13, 1835.

Sir:

I have received your favor of January 1st, accompanied by a volume of Reports presented to me in behalf of the Executive Committee of the American Temperance Society, and asking for any information I can furnish with regard to the nature and effects of intoxicating substances, used in the countries I have visited, and my opinion as to the effects which would follow the discontinuance of their use.

I beg leave to return through you to the Executive Committee, my sincere thanks for the valuable volume they have presented to me, which doubtless has done much good in the world, and promises much more; and so far as my experience goes, I can safely declare that I know of no intoxicating substance whatever, however used, except as a medicine, but what is injurious to the health and intellect of those who are in the habit of taking them; and that I conceive that the discontinuance of the use of them throughout the world would be a great benefit.

With sentiments of the highest respect,

Your very ob't, humble servant,

DAVID PORTER.

Rev. J. Edwards.

From the Hon. Lewis Cass, Secretary of War.

Washington, 27 February, 1836.

Dear Sir:

I have received your letter, proposing certain enquiries respecting my experience on the subject of abstinence from intoxicating liquors. The pressure upon my time is such, that I can only give you a very brief answer.

I have never tasted ardent spirits, nor have I, at any time, during life, been in the habit of drinking wine. It is, of course, almost useless to add, that I know nothing of the effects of stimulating liquors upon the constitution, except by observing them in others. I have, perhaps, during a portion of my life, been as much exposed as most men. Having lived, since

boyhood, in a new country; having served in the army during war, and having been led by official duties to traverse almost all the western region north of the Ohio and east of the Mississippi; it is impossible to say what effects would have resulted from the use of stimulating liquors, at periods of great exposure or fatigue. I can only say that I have done well enough without them.

Very respectfully, I am sir, your ob't serv't,

LEW. CASS.

Rev. Justin Edwards, *Boston.*

From the Honorable Theodore Frelinghuysen, late United States' Senator.

Newark, January 9, 1836.

Dear Sir:

I have been favored with your circular, requesting the results of my experience in the matter of entire abstinence from the use of intoxicating liquor—and especially as to its effects on health—on bodily and mental ability, and the feelings of the mind. I can from personal experience bear decided testimony to the happiest results, in all these particulars, arising from entire abstinence. For the last nine years I have wholly abstained from ardent spirits, and habitually from all fermented liquors. The last year, which has been the period in which I have relinquished even the occasional use of wine, I have enjoyed better health, than in either of the nine. And it is an interesting and grateful fact to me, that protracted and severe mental efforts can now be borne *without weariness*—bodily exercise and labor are refreshing—and the mind is far more cheerful, composed and self-possessed, than in the days of infatuation, when the spirits and wine cup, met us, on every sideboard, and assailed us at every table.

Yours, very truly,

THEO. FRELINGHUYSEN.

Rev. Dr. Edwards.

Letter from Rev. Mr. Fowler.

Fall River, Mass. Nov. 7th, 1835.

Dear Sir:

In reply to yours, recently received, I can say, that I have abstained for a number of years, from all ordinary use of all intoxicating drinks, (which I never took largely,) water having been, for a long time, my only drink. My health is perfectly sound and has been so for twenty years; in which time I have had but few pains and aches, except during a short sickness

some ten years since; and I feel as youthful and vigorous (I am forty-four) as when I was twenty-four. I have, for years, and at all seasons, preached, *uniformly, three, frequently four*, sermons on the Sabbath, and several others during the week; besides making more than one thousand pastoral visits, annually, and attending to much other labor, bodily and mental; and believe that upon my *water drinking, regular diet'* and *early rising* system, with the divine blessing, I may hope to be *young, vigorous, healthy*, for many years yet to come.

If I could reach every ear in the nation, and especially of every minister, and every student, I would say, drink nothing but water—no ardent spirits—no intoxicating liquor—take no tobacco in any form—retire to bed at half-past *nine* and rise at *four*, the year round—be regular in your diet, (always exercising half an hour before eating) and you may expect *sound health—capability* for great and continual efforts of body and mind, together with *cheerfulness, uniformity*, and *elasticity*. Such is my practice—such is my experience.

Yours, in christian love,

ORIN FOWLER.

Dr. Edwards.

I might give many other instances of the evils of using intoxicating liquor of any sort, even in the most unexceptionable cases, and in great moderation; but it would make the pamphlet too large, and I will defer it to a future occasion. But enough, it is believed, has been said, to show that, in the opinion of the convention, it will be for the benefit of men, in all respects, to abstain from the use, as a beverage, of all intoxicating liquor, and it will also increase their usefulness; and that this opinion of the convention, is according to truth. Hoping that this will soon be the opinion and the practice of all friends of temperance throughout this commonwealth, throughout our country and the world; and for the purpose of aiding in the promotion of so desirable an object, the above remarks have been made, by

JUSTIN EDWARDS,

Corresponding Secretary of the American Temperance Society.